

SMOKING AND IT'S RELATED DISEASES OF GENETIC AND NON-GENETIC ORIGIN

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Introduction. Smoking is an act of burning dried tobacco leaves and is inhaled which is easily absorbed into the bloodstream. It is gotten from a tobacco plant, which is dried and folded into cylindrical shapes and called cigarettes. It is also an administration route since combusted substances can easily be absorbed into the bloodstream and work actively in the various parts of the body. Cigarettes have additives substances called Nicotine, it causes aerosol and gases to have deep penetration in the lungs, which can be easily absorbed and causes the addictive character.

Aim. The aim of the study was identification of harmful substances in cigarettes and their influence on the human body as activator of genetic and non-genetic conditions.

Materials and methods. Scientific literature and publications of last years were used for analysis.

Results and discussion. Smoking dates back to 5000BC in shamanistic rituals. Burning incense was also a means of Smoking which was mainly practiced by Babylonians, Chinese and Indians for ritual and religious purposes. Smoking was later introduced for self pleasure in North America and Southern Africa by Arabians mostly Ethiopian who traded coffee. Nowadays smoking is practiced with tobacco, cannabis, weed, heroin etc. Smoking is practiced by about an average of 1.1 billion people and 1/3 of adults. Smoking is means of communication between strangers in places like bars, night club, on streets. It is mostly practiced due to idleness and loitering, also due to adolescence curiosity and to suppress depression. It is proved that offering or sharing cigarettes is proved to cause dopamine. It is also proved that soldiers used and are still using cigarettes for calling down and to tolerate more hardship. It was mainly used in first world war. Smoking can not only be done with tobacco, but weed, cocaine, heroin, and other hard drugs. Smoking related Diseases are the following: lung cancer, emphysema, stroke, asthma, diabetes, kidney diseases, COPD (Chronic Obstructive Pulmonary Disease), infertility etc.

It is should be said that some lung disorders have no relationship to smoking and inhaling compounds which are contained in cigarettes. For example, pneumonoultramicroscopicsilicovolcanoconiosis is a form of the illness pneumoconiosis, caused by the inhalation of ultramicroscopic particles or a fine silica dust found

in most volcanoes. pneumoultramicroscopic silicovolcanokoniosis' surpassed 'electrophotomicrographically' as the English language's longest word. There are four types of pneumoultramicroscopic silicovolcanokoniosis: chronic, asymptomatic, acute and accelerated. The chronic form is the most common and develops after being exposed to low levels of silica dust for 20 years or more. When the dust is inhaled, it embeds itself in the alveolar sacs and ducts of the lungs, where oxygen and carbon dioxide are exchanged. When white blood cells respond to this infestation, they release a series of cytokines, which stimulate fibroblasts and result in fibrosis. The dust can also create silicon-based radicals, which release compounds that damage surrounding cells, such as hydrogen peroxide, hydroxyl and oxygen radicals. The symptoms of silicosis are similar to those of the common cold, not including those which affect the nose and head. They can include faster breathing, severe coughing, a hoarse throat, loss of appetite, chest pain and increased susceptibility to tuberculosis. There is no cure for the disease and there is no chance of recovering, but there are some things which can alleviate the symptoms:

Prevention is to stop smoking. An experiment with dogs showed that indirect smokers are at more risk than direct smokers, because, direct smokers have filter which allows about 4800 chemicals and 69 carcinogenic chemicals, while indirect smokers are exposed to 7000 chemicals and 70 carcinogenic chemicals. Hence, indirect smokers are more prone to infections.

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There are some interesting facts about smoking: 80% of 1 billion smokers live in low or medium economy state; tobacco kills about 6 million people each year; there are 5 million direct smokers and 600000 in direct smokers; 4800 chemicals and 69 carcinogenic chemicals involved for direct smokers and 7000 chemicals and 70 carcinogenic chemicals for indirect smokers; about 3.7 billion is invested in tobacco; smoking causes quick wrinkling; it causes gum diseases and loss of teeth; US gains a fortune on cigarettes commodity; urea from urine is used to flavor cigarettes; a good amount of male smokers are attracted to female smokers.

Conclusions. It was shown that indirect smokers are more prone to infections. The smoking can provoke a lot of disorders, most of which are genetic in origin and belong to multifactorial ones.